

Full Report (All Nutrients) 45053040, HEAT & SERVE GREEN BEAN CASSEROLE, FAMILY SIZE, UPC: 041497047123

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Report Date: May 22, 2017 13:49 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	0.5 cup 110g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	100	91
Protein	g	--	--	3.00	2.73
Total lipid (fat)	g	--	--	5.00	4.55
Carbohydrate, by difference	g	--	--	9.00	8.18
Fiber, total dietary	g	--	--	2.0	1.8
Sugars, total	g	--	--	2.00	1.82
Minerals					
Calcium, Ca	mg	--	--	80	73
Iron, Fe	mg	--	--	0.71	0.65
Sodium, Na	mg	--	--	490	445
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	9.0	8.2
Vitamin A, IU	IU	--	--	300	273
Lipids					
Fatty acids, total saturated	g	--	--	2.497	2.270
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	15	14

Amino Acids

Other

**Ingredients**  
GREEN BEANS, HALF & HALF CREAMER (MILK, CREAM, NONFAT DRY MILK AND DISODIUM PHOSPHATE [PROCESSING AID]), EVAPORATED MILK (MILK, DIPOTASSIUM PHOSPHATE, CARRAGEENAN, VITAMIN D), WATER, REDUCED FAT MILK (MILK, FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3), FRENCH FRIED ONIONS (ONIONS, PALM OIL, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], SOY FLOUR, SALT AND DEXTROSE), RED PEPPERS, MUSHROOMS (MUSHROOMS, WATER, SALT, CITRIC ACID, ASCORBIC ACID, CALCIUM DISODIUM EDTA TO MAINTAIN COLOR), UNSALTED BUTTER (SWEET CREAM, NATURAL FLAVORINGS [LACTIC ACID, STARTER DISTILLATE]),

ONIONS, IODIZED SALT (SALT, SODIUM SILCOALUMINATE, DEXTROSE, POTASSIUM IODINE), FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH MODIFIED, SUGAR, SODIUM PHOSPHATE, ONION POWDER, INOSINATE AND GUANYLATE (DISODIUM INOSINATE, DISODIUM GUANYLATE), GRANULATED GARLIC, NATURAL MUSHROOM PORCINI FLAVOR (MIXED TRIGLYCERIDES, NATURAL FLAVORS, INCLUDING HYDROLYZED VEGETABLE PROTEIN, AUTOLYZED YEAST EXTRACT, ONION POWDER), CELLULOSE, AUTOLYZED YEAST (YEAST EXTRACT, SALT), HYDROLYZED VEGETABLE PROTEIN (HYDROLYZED SOY PROTEIN AND PARTIALLY AND PARTIALLY HYDROGENATED COTTONSEED AND SOY OIL), SOY SAUCE POWDERER (SOY SAUCE [WHEAT, SOYBEANS, SALT], MALTODEXTRIN, SALT), WHITE PEPPER. *Date Last Updated by Company: 08/14/2014*